



WHATSheATE



Grilled T-Bone Steaks with Balsamic Onion Confit

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



1010 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons balsamic vinegar
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 3 tablespoons honey
- ☐ 3 large onion peeled sliced
- ☐ 0.5 teaspoons salt
- ☐ 56 ounce t-bone steak
- ☐ 1 tablespoon butter unsalted

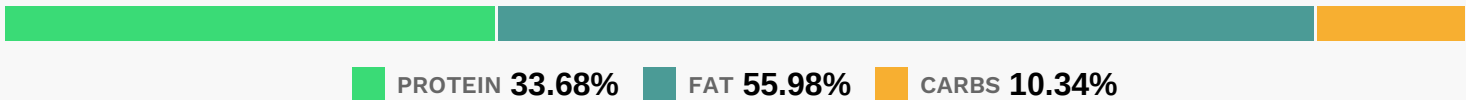
Equipment

- ☐ frying pan
- ☐ grill

Directions

- ☐ To make the onions, melt the butter in a nonsticklarge skillet over medium heat.
- ☐ Add the onions andsalt and stir well.
- ☐ Add 1 cup water. Cook, stirring often,until the water evaporates and the onions are softened,about 20 minutes. Stir another cup of waterinto the onions. Cook, stirring often, until the waterevaporates and the onions are tender and beginningto brown, about 20 minutes more.
- ☐ Stir in the vinegar and honey. Cook, stirring oftento avoid scorching, until the onions are caramelizedand the liquids are syrupy, about 10 minutes.
- ☐ Removefrom the heat and cover the skillet to keep the onionswarm.
- ☐ Meanwhile, prepare a hot fire in an outdoor grill.Season the steaks with the salt and pepper and letstand at room temperature while the grill heats.
- ☐ Lightly oil the grill grate.
- ☐ Place the steaks on thegrill and cover. Grill, turning after 3 1/2 minutes, untilthe tops of the steaks feel somewhat firmer thanraw when pressed with a finger, about 7 minutes formedium-rare steak.
- ☐ Transfer each steak to a dinner plate. Top with a heap of onions and serve at once.
- ☐ Adapted from Diamond Dishes by Julie Loria (Lyons Press/ \$24.9
- ☐ Excerpts copyright 2011 by Julie Loria, with permission of Lyons Press

Nutrition Facts



Properties

Glycemic Index:40.32, Glycemic Load:10.14, Inflammation Score:-6, Nutrition Score:33.909130310235%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 5.64mg, Isorhamnetin: 5.64mg, Isorhamnetin: 5.64mg, Isorhamnetin: 5.64mg Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 22.84mg, Quercetin: 22.84mg, Quercetin: 22.84mg, Quercetin: 22.84mg

Nutrients (% of daily need)

Calories: 1010.27kcal (50.51%), Fat: 61.78g (95.04%), Saturated Fat: 25.7g (160.64%), Carbohydrates: 25.69g (8.56%), Net Carbohydrates: 23.68g (8.61%), Sugar: 19.5g (21.66%), Cholesterol: 229.79mg (76.6%), Sodium: 513.33mg (22.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 83.64g (167.27%), Vitamin B12: 11.04µg (183.99%), Selenium: 66.22µg (94.61%), Zinc: 13.26mg (88.4%), Vitamin B6: 1.65mg (82.39%), Vitamin B3: 14.56mg (72.81%), Phosphorus: 727.36mg (72.74%), Iron: 8.39mg (46.63%), Vitamin B2: 0.75mg (44.26%), Potassium: 1416.5mg (40.47%), Vitamin B1: 0.45mg (29.94%), Magnesium: 92.89mg (23.22%), Copper: 0.37mg (18.52%), Vitamin B5: 1.39mg (13.87%), Manganese: 0.26mg (12.89%), Folate: 45.65µg (11.41%), Vitamin C: 8.4mg (10.19%), Fiber: 2.01g (8.03%), Calcium: 56mg (5.6%), Vitamin A: 91.08IU (1.82%), Vitamin K: 1.1µg (1.05%)